

Beginnings

author: Sarah Ockwell-Smith

2026-07

Synopsis

author	Sarah Ockwell-Smith
readBy	Sarah Ockwell-Smith
inLanguage	english

Sarah Ockwell-Smith's essential guide to child psychology and development.

Beginnings is modern month-by-month reference guide for parents of 0-5-year-olds. It will answer all the questions that parents have about their baby's, toddler's and preschooler's physical and psychological development.

Topics covered:

- How a baby grows and develops, month by month, during pregnancy
- Physical development, month by month, in the newborn period
- Brain development from birth to five years
- How sleep develops and changes throughout the first five years
- The development of self and personality
- Social development, attachment and peer relationships
- Temperaments and the development of emotion regulation
- The development of memory
- Current and classic theories in child psychology
- Learning to sit, crawl, cruise and walk
- Language acquisition and early literacy skills
- Early mark making—learning to draw and form letters
- Schemas—how children learn about the world around them
- Food preferences and eating experiences in early childhood
- Play—including suggestions for entertainment at each age
- How parents and carers can encourage optimal brain development

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

Reader's comments

comment 1: Emily Thompson

Sarah Ockwell-Smith's 'Beginnings' is a thought-provoking exploration of the nuanced world of early childhood development. Her approach is both empathetic and deeply rooted in research, making it a must-read for both new and experienced parents. Ockwell-Smith delves into the often overlooked psychological and emotional aspects of a child's first years, offering insights that challenge conventional parenting wisdom. Her writing is accessible yet profound, blending personal anecdotes with scientific evidence seamlessly. 'Beginnings' stands out for its holistic perspective, emphasizing the importance of understanding a child's needs beyond mere physical care. The book encourages parents to trust their instincts while providing them with the knowledge to make informed decisions. Ockwell-Smith's gentle guidance is reassuring, and her passion for nurturing young minds shines through every page. This book is not just a guide but a reminder of the profound impact early experiences have on lifelong development. A highly recommended read for anyone looking to deepen their understanding of the early years and foster a nurturing environment for their children.

â€”â€” Emily Thompson (2026-05-30 15:18:17)